

## **Additive Alert: Your Guide to Safer Shopping**

Eady, Julie, author

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### **Abstrak**

First published in September 2004, Additive Alert - Your Guide to Safer Shopping has become a best selling consumer reference about food additives in Australian foods. The book has sold more than 25 000 copies in its first year and thousands of families around the country have already discovered the simple steps they can take to avoid harmful additives and enjoy better health and happier kids as a result. This remarkable book will tell - What food additives are and why they are used.- Which ones are safe and which ones are not.- How additives are linked to health problems.- How to read and understand food labels – what the manufacturers do not tell you.- Which additives are considered unsafe overseas yet still used in Australia.- How to take control of your kitchen and make healthier choices for you and your family.- Things you can do to help make a difference.